

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Fatty acids, total trans (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: October 19, 2015 19:02 EDT

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	5.485
01069	Cream substitute, powdered	94.0	1.0 cup	5.209
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	4.717
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	4.646
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	4.423
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	4.247
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	4.190
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	3.951
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	3.674
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	14.0	1.0 tbsp	3.465
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	3.454
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	3.065
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	2.988
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2.962
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	2.881
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	2.876
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	2.814
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	2.717
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	2.670
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	2.641
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	2.474
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	2.463
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	2.454
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	2.410
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	2.293
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	2.201
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	2.114
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	2.108

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	2.085
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	2.085
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	2.085
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	2.070
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	2.060
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	2.060
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	2.057
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	1.998
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	1.974
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	1.958
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	1.904
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	1.891
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	1.888
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	1.843
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	1.836
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	1.821
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	1.819
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	1.782
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	1.764
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	1.758
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	1.744
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.731
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	1.710
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	1.695
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	1.690
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	1.685
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	1.680
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	1.675
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.657
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	1.636
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	1.636
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	1.629
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	1.623

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	1.623
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.622
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	1.611
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.599
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	1.583
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	1.571
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	1.554
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	1.552
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.552
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	1.546
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	1.520
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.512
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	1.503
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	1.503
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	1.500
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	1.490
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.484
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	1.483
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	1.475
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	1.463
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	1.435
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.433
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.426
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	1.424
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.414
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	1.407
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.406
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	1.399
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.385
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.371
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	1.362
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	1.350

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.350
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	1.350
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	1.343
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	1.342
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.335
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	1.333
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	1.318
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.305
01040	Cheese, swiss	132.0	1.0 cup, diced	1.303
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1.298
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.292
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.292
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	1.291
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	1.291
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	1.289
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	1.288
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	1.288
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	1.287
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.259
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	1.258
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.256
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1.254
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.252
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.243
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	1.240
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	1.238
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	1.230
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.227
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1.226
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.222
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.221
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.216

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23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.216
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.210
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.182
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.172
07954	Beef sausage, pre-cooked	48.0	1.0 serving	1.162
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.140
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.139
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.137
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	1.137
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.133
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	1.130
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.125
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.119
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	1.118
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	1.118
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.117
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	1.115
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	1.114
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.113
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.104
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.102
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.099
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.097
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.096
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.094
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.094
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.091
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	1.086
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	1.080
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	1.080
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.080
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	1.075

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23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.069
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	1.059
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.057
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	1.054
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	1.052
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.051
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	1.050
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.048
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	1.046
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.044
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.039
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	1.036
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	1.036
21251	BURGER KING, Cheeseburger	133.0	1.0 item	1.033
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	1.033
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	1.032
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.026
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	1.024
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	1.018
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	1.017
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.016
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.014
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.009
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	1.002
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.001
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.997
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.993
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.993
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.988
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.983

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21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.978
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.977
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.975
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.974
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.970
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.966
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.963
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.960
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.959
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.950
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.950
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.949
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.948
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.947
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.945
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.942
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.937
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.930
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.930
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.927
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.927
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.911
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.910
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.899
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.898
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.896
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.894
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.894
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.892
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.888
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.888
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.887

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.887
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.884
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.881
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.880
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.880
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.880
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.876
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.874
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.868
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.864
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.863
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.862
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.862
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.860
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.852
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.851
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.850
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.850
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.848
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.848
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.845
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.845
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.840
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.839
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.827
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.827
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.827
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.824
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.821
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.818
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	0.816
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.816

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.815
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.808
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.808
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.806
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.804
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.798
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.796
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.791
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.785
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.785
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.784
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.784
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.783
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.783
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.778
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.774
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.774
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.773
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.771
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.770
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.770
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.770
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.768
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.764
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.762
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.759
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.758
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.757
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.755

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.750
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.750
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.745
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.744
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.741
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.738
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.737
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.735
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.735
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.735
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.732
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.731
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.723
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.722
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.719
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.719
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.714
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.713
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	0.712
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	0.712
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.708
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.706
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.705
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.698
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.696
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.696
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.695
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.691

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.691
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.688
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.688
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.686
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.678
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.678
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.677
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.672
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.670
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.665
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.657
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.657
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.655
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.654
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.652
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.649
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.646
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.644
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.643
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.643
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.643
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.643
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.643
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.642
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.640
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.638
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.634
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.634
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.633

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.632
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.630
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.629
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.621
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.620
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.619
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.619
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.616
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.615
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.613
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.610
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.610
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.610
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.606
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.603
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.603
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.601
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.600
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.598
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.597
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.595
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.592
17142	Veal, ground, raw	85.0	3.0 oz	0.592
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.588
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.587
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.585
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.585
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.584

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.584
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.583
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.582
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.582
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.580
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.580
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.580
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.577
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.576
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.575
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.572
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.569
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.567
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.566
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.561
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.559
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.558
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.558
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.556
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.556
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.556
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.553
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.549
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.546
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.545
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.544
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.543
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.541
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	0.538
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.537

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.536
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.536
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.535
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.534
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.532
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	0.530
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.529
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.529
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.529
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.529
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.529
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.529
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.527
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.525
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.525
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.523
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.522
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.522
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.521
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.520
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.519
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.519
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.517
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.515
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.513
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.513
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.512
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.512

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.508
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.507
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.506
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.503
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.503
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.502
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	0.501
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.501
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.500
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	0.500
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	85.0	0.167 box (NLEA serving size)	0.500
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	0.500
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.499
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.498
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.496
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.496
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.495
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.495
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.493
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.493
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.493
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.492
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.490
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.490
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.487
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.487
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.487
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.486
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.486
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.486
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.486
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.483
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.482
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.482

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.480
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.480
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.478
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.476
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.474
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.473
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.473
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.471
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.468
05305	Ground turkey, raw	453.6	1.0 lb	0.467
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.466
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	0.465
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.462
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.462
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.462
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.460
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.459
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.459
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.457
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.456
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.456
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	0.452
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.452
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.451
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.446
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.445
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.445
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.444
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.443
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.440
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.440
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.439
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.439

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.437
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.435
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.434
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.434
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.434
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.433
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.433
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.430
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.428
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.428
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.428
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.427
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.426
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.424
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.424
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.423
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.422
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.420
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.417
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.416
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.414
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.414
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.414
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.413
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.411
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.411
07007	Bologna, beef	30.0	1.0 slice	0.411
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.411
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.410
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.408
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.407

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.407
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.406
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.405
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.405
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.405
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.404
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.404
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.402
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.402
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.401
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.401
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.401
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.400
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.399
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.399
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.398
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.398
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.398
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.398
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.396
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.394
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.393
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.392
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.392
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.392
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.390
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.390
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.390
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.388
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.385
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.382
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.381
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.381

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.381
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.380
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.379
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	0.378
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	0.378
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.377
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	0.377
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	0.377
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.377
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.374
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.372
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.372
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.371
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.371
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.371
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.371
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.370
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.369
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.369
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.368
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.368
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.368
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.368
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.366
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.365
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.365
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.365
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.364
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.364
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.363
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.363
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.363

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.360
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.360
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.360
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.359
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.357
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.355
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.354
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.354
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.354
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.353
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.353
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.352
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.352
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.352
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.351
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.351
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.350
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.350
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.350
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.350
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.349
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.344
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.344
36031	DENNY'S, onion rings	166.0	1.0 serving	0.344
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.344
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.343
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.343
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0.343
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.343
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.343
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.342
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.342

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.342
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.341
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.340
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.340
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.338
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.337
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.337
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.337
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.337
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.336
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.336
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.336
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	0.335
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.335
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.333
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.333
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	0.333
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.333
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.331
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.331
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.330
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.330
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.330
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.329
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.328
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.327
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.327
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.327
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.326
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.325
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.325
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.325
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.324
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.324
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.323

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.322
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.322
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.322
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.322
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.321
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.321
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.319
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.319
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.319
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.319
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.317
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.317
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.317
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.317
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.317
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.317
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.316
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.316
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.315
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.315
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.315
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.315
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.314
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.314
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.313
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.313
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.312
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.311
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.311
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.311
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.310
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.310

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.308
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.308
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.305
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.305
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.304
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.303
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.303
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.303
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.303
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.303
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.301
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.301
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.300
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	0.299
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	0.298
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.298
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.297
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.296
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.295
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.295
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.293
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.293
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.293
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.292
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.291
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.291
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.289
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.289
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.289
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.289
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.289
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.287
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.287
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.286

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.286
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.286
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.285
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.285
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.285
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	0.284
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	0.284
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.283
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	0.283
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	0.283
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.283
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.281
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.280
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.280
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.280
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.278
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.278
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	0.278
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.277
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.276
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.276
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.276
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.275
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.274
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.273
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.272
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.271
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.270
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.269
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	0.269
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.267
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.267
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.267

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.266
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.266
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.266
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.266
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.265
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.264
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.264
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.263
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.262
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.262
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.261
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.261
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.261
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.261
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.260
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.260
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	0.260
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.260
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.259
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.258
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.258
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.258
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	0.257
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	0.257
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.257
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.256
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.256
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.256
11658	Spinach souffle	136.0	1.0 cup	0.256
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	0.255
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.254
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.254
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.254
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.253
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.252

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.252
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.252
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.251
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.251
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.251
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.251
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.251
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.251
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.250
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.250
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	0.250
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.249
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.249
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.249
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.248
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.248
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.248
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.248
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.248
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	0.248
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.247
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.247
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.247
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.247
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0.246
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.245
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.245
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.245
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.245
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.244
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.244
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.242
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.242

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.242
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.242
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.241
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.241
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	0.241
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	0.241
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.241
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	0.240
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.239
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.237
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.236
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.236
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.236
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.235
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.235
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.234
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.234
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.234
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.233
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.233
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.233
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.233
11656	Corn pudding, home prepared	250.0	1.0 cup	0.232
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.232
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.231
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.230
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.230
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.230
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.230
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.230
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.229
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.229
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	0.229

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.229
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.228
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.228
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.227
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.226
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.226
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.225
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.225
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.224
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.224
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.224
07025	Frankfurter, turkey	28.35	1.0 oz	0.224
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.224
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.223
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.223
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.222
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.222
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	0.221
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.220
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.220
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.220
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.219
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.219
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.218
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.218
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.218
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.218
28274	MURRAY, Honey Graham	31.0	8.0 crackers	0.217
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.217
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.217
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.217
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.217
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	0.216

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	0.216
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.216
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.216
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.215
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.215
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.215
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.215
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.215
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.214
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.213
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.213
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.213
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.213
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.212
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.212
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.212
36610	DENNY'S, french fries	165.0	1.0 serving	0.211
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.211
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.210
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.210
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.210
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.210
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.210
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.209
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.209
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.208
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.208
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.207
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.207
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.207
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.206
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.206
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.206
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.205
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.205

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.205
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.205
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.204
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.203
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.203
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.203
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.203
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.202
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.202
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.201
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.201
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.201
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.200
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.199
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.199
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.198
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.198
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.198
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.198
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.196
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.196
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.196
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.196
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.195
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.195
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.195
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.195
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.195
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.195
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.195
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.194
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	0.194

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.193
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.193
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.193
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.193
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.192
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	0.192
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.192
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.192
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.192
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.192
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.191
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.191
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.191
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.191
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.190
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.190
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.189
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.189
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.189
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.189
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.188
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	0.188
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.188
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.188
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.188
09446	Plantains, green, fried	118.0	1.0 cup	0.188
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.188
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.188
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.187
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.187
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.186
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	0.185
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.184
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.184

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.183
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	0.183
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.183
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.183
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.183
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.182
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.182
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.181
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.181
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.181
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.181
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.181
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.180
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.180
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.180
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.180
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.180
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.179
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.179
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	0.178
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.178
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.178
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.178
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.178
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.177
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.177
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.176
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.176
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.176
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.176
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.175
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.175

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.174
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.174
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.173
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.173
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.172
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.172
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.172
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.172
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	0.171
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.171
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.171
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.170
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	0.170
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.170
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.170
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.169
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.169
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.169
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.167
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.167
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.167
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.167
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.167
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.166
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.166
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.165
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.165
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.165
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.165
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.165
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.164
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.164
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.164

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.164
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.163
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.163
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.163
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.163
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.163
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.162
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.162
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.161
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.161
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.161
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.161
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	0.160
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.160
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.160
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.160
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.160
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.160
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.160
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.160
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.160
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.160
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.160
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.159
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.159
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	0.159
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	0.158
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.158
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.158
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.158
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.157
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.157

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.157
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.157
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.157
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.157
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.157
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.156
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.156
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.156
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.156
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.156
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	0.155
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	0.155
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	0.155
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.155
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.154
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.154
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.154
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.154
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.154
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.154
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.153
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.153
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.153
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.152
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.152
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	0.152
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.152
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	0.152
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.152
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	0.152
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.151
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.151
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.151
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.150

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.150
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.150
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.150
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.150
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.150
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.150
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.150
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.149
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.149
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.149
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.149
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.149
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.149
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.149
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	0.149
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.148
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.148
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.148
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.147
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.147
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.147
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.147
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.146
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	0.145
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.145
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	0.145
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.145
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.145
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.145
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.145
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.145
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	0.144
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.144
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.144

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.144
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.144
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.144
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.143
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.143
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.143
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	0.142
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.142
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.141
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.141
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.141
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.140
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.140
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.140
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.140
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.140
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.140
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.140
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.140
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.140
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.140
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.140
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.140
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.140
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.140
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	0.140
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.140
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.140
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	0.140
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	0.140
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.140
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.139
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.139
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.139

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.139
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.139
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.139
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.139
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.139
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.139
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.138
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.138
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.137
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.137
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.137
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	0.136
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.136
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.136
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.135
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.135
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.135
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.134
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.134
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0.134
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.134
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.133
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	0.133
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.133
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.133
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.133
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.133
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.132
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.132
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.132
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.131
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.131

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.130
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.130
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	0.130
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.130
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	0.130
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.130
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.129
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.129
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.129
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	0.129
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.129
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.129
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	0.129
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.129
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.129
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.129
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.129
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.128
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.128
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.128
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.128
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.128
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.128
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.128
21419	KFC, biscuit	49.0	1.0 biscuit	0.127
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.127
07024	Frankfurter, chicken	85.0	3.0 oz	0.127
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.127
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.126
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.126
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.126
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.125
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	0.125

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	0.125
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.125
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.124
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	0.124
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	0.124
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	0.124
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.124
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.124
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.122
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.122
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.122
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.122
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	0.121
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.121
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.121
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.121
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	0.121
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.120
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.120
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.120
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.120
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.120
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.119
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.119
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.119
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.119
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.119
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.118
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.118
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	0.118
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.118
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.118
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.118
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.118
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.118

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.118
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	0.118
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.118
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.117
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.117
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.117
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.117
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.117
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.117
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.117
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.117
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.116
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.116
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.116
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.116
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	0.116
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.116
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.116
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.116
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.116
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	0.115
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.115
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.114
21142	Fast food, biscuit	55.0	1.0 biscuit	0.114
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.114
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.114
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.114
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	0.114
28239	SUNSHINE, CHEEZ-IT, Duo Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	0.114
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.114
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.113
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	0.112
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.112
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.111
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.111

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.111
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.111
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.111
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.110
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.110
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.110
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.110
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.110
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.110
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.110
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.110
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.110
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.110
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.109
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.109
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.109
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	0.109
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.109
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.109
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	0.109
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.109
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.109
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	0.109
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.108
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	0.108
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.108
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.107
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.107
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.106
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.106
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.106
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.105
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.105
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	0.105
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.105

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.105
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.105
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.105
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.104
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.104
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	0.104
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.104
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	0.104
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.104
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.104
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.103
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.103
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.103
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.102
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.102
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.102
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.101
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.101
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.101
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.101
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.101
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.101
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.100
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.100
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.100
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.100
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.100
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.100
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.100
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.100
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.100
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.100
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.100
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.099
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.099

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.099
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.099
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.099
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.099
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	0.099
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.099
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.099
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.099
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.099
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.098
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.098
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.098
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.098
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.098
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	0.098
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	0.097
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.097
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.097
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.097
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.097
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.096
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.096
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.096
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.096
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.096
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.096
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.096
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.096
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.096
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	0.096
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.096
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.096
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.096
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	0.096
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	0.096

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.096
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.096
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.095
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.095
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.095
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.095
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.094
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.094
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.094
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.093
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	0.093
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.093
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.093
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.093
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.093
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.092
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.092
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.092
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.092
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.092
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.092
21508	WENDY'S, Crispy Chicken Sandwich	126.0	1.0 sandwich	0.092
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.092
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	0.092
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.092
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.092
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.091
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.091
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.091
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.091
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	0.091
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.091

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	0.091
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.090
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.090
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.090
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.090
28240	SUNSHINE, CHEEZ-IT, Duo2 Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	0.090
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.090
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	0.090
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.090
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	0.090
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.090
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	0.090
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	0.090
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	0.090
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	0.090
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	0.090
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	0.090
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.090
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	0.089
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.089
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.089
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.088
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.088
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.088
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.088
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.088
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.088
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.088
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.088
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.088
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.088
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.088

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.088
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.087
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.087
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.087
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.087
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.087
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.087
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	0.087
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	0.087
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.087
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.086
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.086
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.086
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.086
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.086
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.085
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.085
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0.085
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0.085
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.085
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.085
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.084
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.084
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.084
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.084
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.084
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	0.084
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.084
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.084
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	0.084
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	0.084
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.084
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.084

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.084
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	0.084
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	0.084
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.084
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.083
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.083
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	0.083
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.083
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.083
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.083
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	0.082
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.082
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.082
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.082
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.081
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.081
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.081
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	0.081
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.081
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.081
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.081
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.081
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0.080
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.080
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.080
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	0.080
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0.080
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	0.080
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.080
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.080
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.080
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.080
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.080
07960	Bologna, chicken, pork	28.0	1.0 serving	0.079

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.079
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.079
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.079
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.079
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.079
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.078
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.078
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.078
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.078
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.078
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.078
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.078
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.078
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.078
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.077
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.077
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.077
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.077
18214	Crackers, cheese, regular	14.2	0.5 oz	0.077
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.077
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.077
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.076
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.076
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.076
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.076
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	0.076
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.076
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.076
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.076
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.076
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.076
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	0.076
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.076
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.075

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.075
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	0.075
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	0.075
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.075
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	0.075
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	0.075
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.075
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.075
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.074
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.074
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.074
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.074
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.074
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.074
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.073
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.073
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.073
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.073
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	0.072
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0.072
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.072
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.072
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.072
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.072
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.072
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.072
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.072
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.072
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.072
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.072
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.072
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.071
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.071

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.071
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.071
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.071
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0.071
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.071
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.071
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.071
21127	Fast foods, coleslaw	191.0	1.0 cup	0.071
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	0.070
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.070
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.070
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.070
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.070
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.070
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.070
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.070
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.069
01225	Dulce de Leche	19.0	1.0 tbsp	0.069
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	0.069
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	0.069
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	0.069
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	0.069
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.069
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.069
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.069
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.069
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	0.068
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.068
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.068
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.068
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.068
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.068
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.068
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.068
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.068
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	0.068
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.068
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.067
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.067
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.067
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.067
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.067
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.067
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.067
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.067
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.067
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0.067
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0.067
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.067
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0.067
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.067
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.067
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.066
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.066
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.066
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.066
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.066
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.066
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	0.066
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.065
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.065
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.065
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.065
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	0.065
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.065
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.065
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.065
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.064

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.064
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.064
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.064
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	0.064
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0.064
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	0.064
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.064
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0.064
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.064
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.064
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.064
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.064
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.064
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.064
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.064
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.063
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.063
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	0.063
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.063
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.063
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.063
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.063
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.063
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.063
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.063
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.062
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.062
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.062
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.062
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.062
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.062
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	0.062
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.062
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	0.062
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.061

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.061
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.061
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.061
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.061
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.061
07971	Bologna, meat and poultry	33.0	1.0 slice	0.060
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.060
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	0.060
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.060
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.060
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.060
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	0.060
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.060
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.060
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.060
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.060
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.060
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.060
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	0.060
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	0.060
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.060
36030	DENNY'S, hash browns	124.0	1.0 serving	0.060
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.060
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.060
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	0.060
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.060
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.060
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.060
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	0.060
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.059
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.059
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.059
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.059
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.059

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28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.058
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.058
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	0.058
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.058
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.058
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.058
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.058
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.058
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.058
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.058
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.058
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.058
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	0.058
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.057
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0.057
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.057
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.057
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.057
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.057
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.057
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	0.057
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.057
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0.056
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.056
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.056
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.056
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.056
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.056
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.056
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.056
18235	Crackers, whole-wheat	28.0	1.0 serving	0.056
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.055
04582	Oil, canola	14.0	1.0 tbsp	0.055
19157	Candies, MARS SNACKFOOD US, M&M's MINI's Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	0.055

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05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.055
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.055
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.055
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.055
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.055
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.055
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	0.055
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.055
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.054
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.054
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.054
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.054
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.054
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.054
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.054
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.054
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0.053
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.053
21416	POPEYES, Coleslaw	120.0	1.0 package	0.053
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.053
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.053
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.053
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.052
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.052
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.052
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.052
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.052
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.052
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.052
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.051
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.051
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.051
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.051
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.051

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13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.051
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	0.051
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.051
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.051
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.051
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.050
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	0.050
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.050
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	0.050
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.050
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	0.050
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.050
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.050
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.050
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	0.050
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.050
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.050
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.050
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.050
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.050
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.050
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.050
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.050
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.050
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.049
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.049
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.049
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.049
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.048
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.048
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	0.048
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.048
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.048
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.047
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.047

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
42289	Oil, corn and canola	14.0	1.0 tbsp	0.047
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.047
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	0.047
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.046
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.046
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.046
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.046
21268	TACO BELL, Nachos	80.0	1.0 serving	0.046
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.046
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.046
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	0.046
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.046
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.046
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	0.046
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	0.046
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.046
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.046
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.046
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.046
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.046
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.046
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.046
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.046
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.046
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.045
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.045
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.045
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.045
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.045
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.045
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.044
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.044
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.044
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.044
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.044

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.044
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.044
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.044
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	0.044
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.044
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.044
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.043
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.043
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.043
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.043
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.043
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.043
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.043
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.043
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.043
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.042
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.042
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.042
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.042
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.042
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.042
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.042
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.042
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.042
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.042
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.042
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.042
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.042
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.042
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.042
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.042
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.041
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.041
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.041
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.041

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.040
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.040
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.040
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.040
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.040
15110	Fish, swordfish, raw	85.0	3.0 oz	0.040
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.040
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.040
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.040
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.040
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.039
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.039
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.039
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.039
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	0.039
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.039
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.038
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.038
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.038
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.038
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.038
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0.038
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.038
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.038
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.038
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.038
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.038
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.037
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.037
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.037
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.037
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.037
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.037
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.037
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.037

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.036
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.036
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.036
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	0.036
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	0.036
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.036
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.036
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.035
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.035
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.035
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.035
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.035
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.035
21420	KFC, Coleslaw	112.0	1.0 package	0.035
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	0.035
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.035
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.034
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.034
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	0.034
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.034
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.034
21249	BURGER KING, french fries	74.0	1.0 small serving	0.034
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.034
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.034
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.034
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.033
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.033
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.033
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.033
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.033
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.033
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.033
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.033
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.033
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.033

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.033
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.033
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.032
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.032
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.032
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.032
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.032
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.032
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.032
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	0.032
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.032
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.032
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.032
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.032
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.032
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.032
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.031
22971	Potato salad with egg	125.0	0.5 cup	0.031
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	0.031
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	0.031
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	0.031
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.031
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.031
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.031
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.031
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.031
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.031
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.031
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.031
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.031
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.031
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.030
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.030
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.030

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.030
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.030
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	0.030
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.030
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.030
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.030
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.030
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.030
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.030
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.030
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.030
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.030
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.030
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.030
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.030
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.030
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.030
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.030
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.030
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.030
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.030
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.030
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.030
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.030
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.030
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.030
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.029
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.029
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.029
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.029
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.029
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.029
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.029
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.029

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.029
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.029
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.029
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	0.029
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.029
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	0.029
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.029
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.028
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.028
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.028
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.028
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.028
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.028
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.028
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.028
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.028
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.028
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.028
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.028
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.028
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.028
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.028
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.028
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.028
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.028
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.028
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.028
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.028
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.028
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.027
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.027
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.027
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.027
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	0.027

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.027
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.027
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.027
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.027
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.027
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.027
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.027
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.027
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.027
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.027
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.027
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.027
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.027
28292	Crackers, multigrain	14.0	4.0 crackers	0.027
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.027
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.026
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.026
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.026
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.026
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.026
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.026
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.026
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.026
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.026
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.026
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.026
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.026
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.026
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.026
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.026
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.025
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.025
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.025
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.025
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.025

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.025
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.025
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.025
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.025
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.025
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.025
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.025
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.025
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.025
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.025
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	0.024
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	0.024
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.024
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.024
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.024
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.024
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.024
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.024
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.024
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.024
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.024
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.024
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.024
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	0.024
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.024
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.024
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.024
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.024
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.023
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.023
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.023
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.023
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.023
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.023
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.023

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.023
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.023
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.023
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.023
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.022
18360	Taco shells, baked	12.9	1.0 shell	0.022
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.022
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.022
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.022
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.022
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.022
12061	Nuts, almonds	143.0	1.0 cup, whole	0.021
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.021
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.021
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.021
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.021
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.021
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	0.021
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.021
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.021
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.021
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.021
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.020
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.020
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.020
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.020
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.020
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.020
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.020
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.020
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.020
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.020
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.020
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.020
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.020
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.020
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.020
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.020
18952	Tostada shells, corn	12.3	1.0 piece	0.020
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.020
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.020
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.020
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.020
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.020
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.020
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.020
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.020
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.019
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.019
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.019
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.019
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.019
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.019
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.019
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.019
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.019
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.019
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.018
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.018
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.018
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.018
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.018
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.018
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.018
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.018
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.018
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.018
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.018

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.018
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.018
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.017
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.017
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.017
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.017
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.017
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.017
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.017
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.017
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.017
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.017
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.017
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.017
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.016
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.016
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.016
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.016
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.016
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.016
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.016
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.016
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.016
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.016
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.016
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.016
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.016
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.016
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.015
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	0.015
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.015
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.015
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.015
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.015
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.015

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.015
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.015
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.015
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.015
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.015
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	0.015
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.015
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.015
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.014
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.014
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.014
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.014
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.014
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.014
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.014
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.014
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.014
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.014
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.013
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.013
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.013
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.013
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.013
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.013
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.013
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.013
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.013
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.013
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	0.013
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.012
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.012
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	0.012
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.012
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.012
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.012

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.012
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.012
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.012
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.012
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	0.012
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.012
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.012
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.012
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.012
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.012
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.012
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.012
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.012
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.011
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.011
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0.011
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.011
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.011
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.011
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.011
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.011
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.011
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.011
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.011
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.011
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.011
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.010
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.010
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.010
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.010
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.010
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.010
27066	Sauce, horseradish	5.6	1.0 tsp	0.010
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.010

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.010
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.010
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.010
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.010
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.010
20067	Sorghum grain	192.0	1.0 cup	0.010
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.009
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.009
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.009
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.009
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.009
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.009
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.009
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.009
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.009
18967	Bread, white wheat	28.0	1.0 slice	0.009
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.009
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.009
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.009
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.009
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.009
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.008
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.008
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.008
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.008
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	0.008
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	0.008
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.008
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.008
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.008
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.008
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.008
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.008
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.008
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.008
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.008
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.008
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.008
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.008
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.008
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.007
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.007
27064	Wasabi	20.0	1.0 tablespoon	0.007
18064	Bread, wheat	28.35	1.0 oz	0.007
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.007
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.007
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.007
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.007
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.007
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.007
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.007
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.007
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.007
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.007
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.007
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.007
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.007
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.007
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.007
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.006
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.006
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.006
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.006
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.006
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.006
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.006
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.006
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.006

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.006
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.006
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.006
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.006
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.006
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.006
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.006
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.006
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.006
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.006
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.006
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.006
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.006
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.006
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.006
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.006
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.006
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.006
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.006
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.006
03213	Babyfood, cookies	28.35	1.0 oz	0.006
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.006
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.006
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.006
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.006
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.006
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.005
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.005
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.005
02011	Spices, cloves, ground	2.1	1.0 tsp	0.005
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	0.005
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.005
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.005
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.005
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.005

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.005
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.005
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	0.005
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.005
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	0.005
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.005
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.005
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.005
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.005
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.005
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.005
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.005
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.005
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.005
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.005
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.005
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.005
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.004
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.004
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.004
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.004
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.004
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.004
04047	Oil, coconut	13.6	1.0 tbsp	0.004
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.004
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.004
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.004
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.004
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.003
03217	Zwieback	28.35	1.0 oz	0.003
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.003
15033	Fish, haddock, raw	85.0	3.0 oz	0.003
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.003
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.003
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.003

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.003
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.003
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.003
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.003
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.003
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0.003
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.003
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.003
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.003
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.003
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.003
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.003
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.003
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.003
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.003
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.003
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.002
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.002
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.002
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.002
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.002
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.002
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.002
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.002
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.002
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.002
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.002
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.002
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.002
20647	Millet flour	119.0	1.0 cup	0.002
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.002
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.002
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.002

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.002
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.002
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.002
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.002
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.002
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.002
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.002
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.002
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.002
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.002
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.002
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.002
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.002
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.002
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.002
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.002
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.002
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.002
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.002
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.002
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.001
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.001
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.001
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.001
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.001
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.001
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.001
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.001
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.001
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.001
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.001
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.001
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.001
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.001

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.001
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.001
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.001
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.001
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.001
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.001
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.001
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.001
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.001
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.001
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.001
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.001
03215	Babyfood, pretzels	28.35	1.0 oz	0.001
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.001
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.000
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.000
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.000
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.000
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.000
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.000
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.000
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.000
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.000
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.000
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.000
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.000
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.000
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.000
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.000
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.000
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.000
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.000
09084	Currants, red and white, raw	112.0	1.0 cup	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.000
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.000
11143	Celery, raw	101.0	1.0 cup chopped	0.000
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.000
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.000
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.000
09205	Oranges, raw, with peel	170.0	1.0 cup	0.000
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	0.000
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.000
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.000
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.000
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.000
09042	Blackberries, raw	144.0	1.0 cup	0.000
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.000
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.000
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.000
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	0.000
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.000
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.000
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	0.000
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.000
09143	Guava sauce, cooked	238.0	1.0 cup	0.000
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.000
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.000
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	0.000
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	0.000
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.000
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.000
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.000
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.000
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
11098	Brussels sprouts, raw	88.0	1.0 cup	0.000
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.000
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.000
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.000
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	0.000
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.000
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.000
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.000
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.000
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.000
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.000
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.000
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.000
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.000
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.000
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.000
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.000
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.000
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.000
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.000
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	0.000
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.000
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.000
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	0.000
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.000
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.000
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.000
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.000
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.000
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.000
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
11961	Hearts of palm, canned	146.0	1.0 cup	0.000
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.000
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.000
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.000
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.000
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.000
14152	Alcoholic Beverage, wine, table, red, Burgundy	29.5	1.0 fl oz	0.000
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0.000
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.000
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.000
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.000
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.000
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.000
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	0.000
11522	Taro shoots, raw	43.0	0.5 cup slices	0.000
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.000
02029	Spices, parsley, dried	0.5	1.0 tsp	0.000
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.000
19018	Fruit syrup	334.0	1.0 cup	0.000
09176	Mangos, raw	165.0	1.0 cup pieces	0.000
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.000
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.000
11683	Carrot, dehydrated	74.0	1.0 cup	0.000
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.000
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.000
02033	Spices, poppy seed	2.8	1.0 tsp	0.000
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.000
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.000
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.000
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.000
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	0.000
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.000
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	0.000
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	125.0	1.0 serving	0.000
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.000
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.000
18968	Bagels, wheat	98.0	1.0 bagel	0.000
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.000
16100	Peanut flour, low fat	60.0	1.0 cup	0.000
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0.000
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	0.000
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.000
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.000
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.000
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.000
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.000
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.000
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.000
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.000
16246	SILK Nog, soymilk	122.0	0.5 cup	0.000
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.000
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.000
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.000
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.000
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.000
11616	Dock, raw	133.0	1.0 cup, chopped	0.000
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.000
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.000
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.000
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.000
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	0.000
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.000
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.000
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.000
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.000
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.000
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.000
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.000
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.000
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.000
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.000
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.000
02050	Vanilla extract	4.2	1.0 tsp	0.000
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.000
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.000
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.000
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.000
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.000
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	0.000
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	0.000
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	0.000
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.000
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.000
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	0.000
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.000
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.000
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0.000
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	0.000
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.000
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.000
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.000
02001	Spices, allspice, ground	1.9	1.0 tsp	0.000
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.000
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.000
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.000
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	0.000
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	0.000
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.000
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.000
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.000
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.000
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.000
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.000
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	0.000
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.000
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.000
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.000
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.000
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.000
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.000
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.000
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.000
09436	Mango nectar, canned	251.0	1.0 cup	0.000
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0.000
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.000
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	0.000
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.000
11161	Collards, raw	36.0	1.0 cup, chopped	0.000
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.000
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.000
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.000
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.000
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.000
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.000
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.000
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.000
20063	Rye flour, dark	128.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.000
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.000
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.000
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.000
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.000
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	0.000
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.000
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.000
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.000
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	0.000
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.000
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.000
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.000
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.000
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.000
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.000
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.000
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	0.000
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.000
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.000
02026	Spices, onion powder	2.4	1.0 tsp	0.000
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	0.000
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.000
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.000
09172	Longans, raw	3.2	1.0 fruit without refuse	0.000
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.4	1.0 fl oz	0.000
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	0.000
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0.000
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.000
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.000
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.000
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.000
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.000
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.000
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	0.000
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.000
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.000
12156	Nuts, walnuts, glazed	28.0	1.0 oz	0.000
14101	Alcoholic Beverage, wine, table, red, Barbera	29.4	1.0 fl oz	0.000
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.000
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.000
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.000
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.000
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.000
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.000
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0.000
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.000
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	0.000
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.000
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.000
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.000
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.000
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.000
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.000
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	0.000
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.000
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.000
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.000
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.000
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.000
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.000
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.000
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.000
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.000
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.000
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.000
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.000
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.000
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.000
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.000
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.000
16059	Chili with beans, canned	256.0	1.0 cup	0.000
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.000
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.000
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.000
02047	Salt, table	6.0	1.0 tsp	0.000
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.000
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.000
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.000
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.000
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	0.000
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.000
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.000
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.000
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.000
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.000
16112	Miso	17.0	1.0 tbsp	0.000
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	0.000
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.000
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.000
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.000
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.000
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.000
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.000
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	0.000
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.000
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.000
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	0.000
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.000
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.000
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.000
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.000
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.000
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.000
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.000
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.000
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.000
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.000
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.000
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.000
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.000
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.000
09433	Clementines, raw	74.0	1.0 fruit	0.000
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.000
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.000
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	0.000
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.000
11156	Chives, raw	3.0	1.0 tbsp chopped	0.000
11450	Soybeans, green, raw	256.0	1.0 cup	0.000
09216	Orange peel, raw	6.0	1.0 tbsp	0.000
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	0.000
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.000
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.000
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.000
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.000
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.000
02074	Seasoning mix, dry, sazón, coriander & annatto	1.0	0.25 tsp	0.000
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.000
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.000
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.000
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.000
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	0.000
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.000
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.000
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.000
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.000
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.000
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.000
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.000
02021	Spices, ginger, ground	1.8	1.0 tsp	0.000
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.000
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.000
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.000
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.000
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.000
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.000
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	0.000
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.000
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.000
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.000
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.000
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	0.000
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.000
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.000
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.000
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.000
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.000
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.000
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.000
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.000
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.000
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.000
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.000
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0.000
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	0.000
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.000
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.000
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.000
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.000
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.000
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0.000
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.000
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	0.000
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.000
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.000
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.000
11278	Okra, raw	100.0	1.0 cup	0.000
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.000
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.000
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.000
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.000
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.000
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.000
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.000
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.000
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.000
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.000
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.000
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
11976	Pepper, banana, raw	124.0	1.0 cup	0.000
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.000
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.000
09077	Crabapples, raw	110.0	1.0 cup slices	0.000
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.000
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.000
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	0.000
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.000
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	0.000
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.000
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.000
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.000
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.000
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.000
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.000
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	0.000
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.000
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.000
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.000
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.000
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.000
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	0.000
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.000
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.000
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.000
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.000
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.000
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.000
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.000
16253	SILK Strawberry soy yogurt	170.0	1.0 container	0.000
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.000
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.000
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	0.000
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.000
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.000
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.000
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.000
11203	Cress, garden, raw	50.0	1.0 cup	0.000
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.000
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.000
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	0.000
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.000
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.000
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.000
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.000
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.000
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.000
09428	Rowal, raw	114.0	0.5 cup	0.000
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.000
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.000
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	0.000
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.000
11151	Chicory, witloof, raw	53.0	1.0 head	0.000
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.000
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	0.000
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.000
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	0.000
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	0.000
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.000
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.000
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.000
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.000
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.000
02068	Vinegar, red wine	14.9	1.0 tbsp	0.000
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.000
09326	Watermelon, raw	154.0	1.0 cup, balls	0.000
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.000
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.000
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.000
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.000
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.000
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.000
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	0.000
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.000
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.000
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.000
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.000
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.000
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.000
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.000
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.000
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.000
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.000
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	0.000
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	0.000
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.000
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.000
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	0.000
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.000
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.000
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.000
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.000
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.000
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0.000
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.000
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.000
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.000
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.000
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.000
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.000
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.000
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.000
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0.000
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	0.000
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.000
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.000
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.000
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.000
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.000
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.000
16237	SILK Chocolate, soymilk	243.0	1.0 cup	0.000
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.000
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.000
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.000
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.000
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.000
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.000
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.000
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.000
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.000
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.000
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0.000
14159	Alcoholic Beverage, wine, table, red, Mouvedre	29.4	1.0 fl oz	0.000
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	0.000
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.000
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.000
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.000
11003	Amaranth leaves, raw	28.0	1.0 cup	0.000
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.000
43476	Tofu yogurt	262.0	1.0 cup	0.000
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.000
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.000
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	0.000
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.000
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.000
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.000
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.000
09191	Nectarines, raw	143.0	1.0 cup slices	0.000
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.000
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.000
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.000
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.000
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.000
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.000
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.000
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.000
02044	Basil, fresh	2.5	5.0 leaves	0.000
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.000
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.000
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.000
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.000
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	0.000
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.000
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.000
14117	Alcoholic beverage, wine, table, white, Fume Blanc	29.3	1.0 fl oz	0.000
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	0.000
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.000
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.000
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	0.000
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.000
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.000
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.000
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.000
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total trans(g) Per Measure
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	0.000
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.000
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.000
11986	Malabar spinach, cooked	44.0	1.0 cup	0.000
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.000
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.000
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.000
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.000
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.000
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	0.000
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.000
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.000
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.000
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.000
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.000
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.000
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.000
16201	Campbell's Pork and Beans	130.0	0.5 cup	0.000
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	0.000
11949	Catsup, low sodium	17.0	1.0 tbsp	0.000
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.000
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.000
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.000
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.000
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.000
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.000
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.000
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.000